

Grille élités Hommes													
Epreuves	Senior A	Senior B	Senior C	Espoir A	Espoir B	Espoir C	Junior A	Junior B	Junior C	Scolaire B	Scolaire C	Cadet B	Cadet C
100m	10.64	10.84	10.94	10.84	10.89	11.04	10.94	11.04	11.24	11.24	11.44	11.74	12.14
200m	21.44	21.84	22.24	21.84	21.99	22.39	22.24	22.39	22.79	22.79	23.14	23.74	24.54
400m	47.64	48.64	49.64	48.64	49.14	50.04	49.64	50.04	50.94	50.94	52.44	54.44	56.44
800m	1.50.00	1.52.00	1.54.00	1.52.00	1.53.00	1.55.50	1.54.00	1.55.50	1.58.00	1.58.00	2.01.00	2.05.00	2.09.00
1 000m	2.21.50	2.24.00	2.26.50	2.24.00	2.25.25	2.28.25	2.26.50	2.28.25	2.31.25	2.31.25	2.35.00	2.41.00	2.47.00
1 500m	3.46.00	3.50.00	3.54.00	3.50.00	3.52.00	3.56.50	3.54.00	3.56.50	4.01.50	4.01.50	4.09.00	4.19.00	4.29.00
3 000m	8.10.00	8.20.00	8.30.00	8.20.00	8.25.00	8.35.00	8.30.00	8.35.00	8.45.00	8.45.00	9.00.00		
5 000m	14.00.00	14.20.00	14.40.00	14.20.00	14.30.00	14.50.00	14.40.00	14.50.00	15.00.00		15.40.00		
10 000m - 10km	29.45.00	30.30.00	31.15.00	30.30.00	30.52.50	31.37.50	31.15.00	31.37.50	32.22.50				
Semi-Marathon	1h05'30	1h07'00	1h08'30	1h07'00	1h07'45	1h09'30	1h08'30	1h09'30	1h11'30				
Marathon	2h20.00	2h24'00	2h28'00	2h24'00	2h26'00	2h30'00	2h28'00	2h30'00	2h34'00				
100m Haies 0.84m												14.67	15.57
110m Haies 0.91m										15.09	15.54		
110m Haies 0.99m							14.74	14.94	15.34				
110m Haies 1.06m	14.24	14.74	15.14	14.74	14.94	15.34							
300m Haies												41.18	43.70
400m Haies	52.74	54.04	55.24	54.04	54.64	55.74	55.24	55.74	56.74	56.74	58.24		
2 000m Steeple										6.19.00	6.28.00		
3 000m Steeple	9.00.00	9.15.00	9.30.00	9.15.00	9.22.50	9.35.00	9.30.00	9.35.00	9.45.00				
Hauteur	2m08	2m04	1m98	2m04	1m98	1m93	1m98	1m93	1m91	1m91	1m85	1m78	1m72
Perche	5m10	4m90	4m70	4m90	4m70	4m50	4m70	4m50	4m20	4m20	4m00	3m65	3m35
Longueur	7m30	7m10	6m90	7m10	6m90	6m70	6m90	6m70	6m50	6m50	6m30	6m10	5m85
Triple Saut	15m38	14m75	14m30	14m75	14m30	13m95	14m30	13m95	13m65	13m65	13m20	12m60	12m00
Poids 4kg												14m50	13m50
Poids 5kg										15m20	14m50		
Poids 6kg							15m10	14m60	14m20				
Poids 7kg	15m50	14m70	14m10	14m70	14m10	13m60							
Disque 1kg												41m00	39m00
Disque 1.5kg										44m00	42m00		
Disque 1.75kg							46m50	44m00	42m00				
Disque 2kg	50m50	47m50	44m50	47m50	44m50	42m00							
Marteau 4kg												54m50	50m50
Marteau 5kg										58m00	54m00		
Marteau 6kg							58m50	55m00	53m00				
Marteau 7kg	59m50	57m00	53m50	57m00	53m50	50m00							
Javelot 600g												51m00	47m00
Javelot 700g										55m50	52m00		
Javelot 800g	66m00	62m50	59m00	62m50	59m00	55m50	59m00	57m00	52m50				
Octathlon												4352 pt	4032 pt
Décathlon										6100 pt	5800 pt		
Décathlon	6800 pt	6450 pt	6150 pt	6450 pt	6150 pt	5900 pt	6150 pt	6000 pt	5800 pt				